



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

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Riehs, Sven

□□: LG Thalheim

□□: 555

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:11:06

□□: 10.04 km/h

□□□□: 5:56 min/km

□□□□□/□□□□: 90 (of 148)

□□□□□/□: 86 (of 130)

□□□□□□: 2:45:50

□□□□□: 21(of 28)

□□□□□□□: 2:51:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:49	5:10	17	4:01	71	4:33	3.25	16:49	5:10	8	-	-	90	4:01
□□ 2	3.25	17:07	5:15	17	3:43	80	4:29	6.50	33:56	5:13	8	-	-	90	7:44
□□ 3	3.25	17:51	5:29	20	4:50	89	5:20	9.75	51:47	5:18	8	-	-	47	11:30
□□ 4	3.25	17:31	5:23	17	4:34	77	5:00	13.00	1:09:18	5:19	8	-	-	90	14:30
□□ 5	3.25	17:59	5:31	22	4:51	85	5:22	16.25	1:27:17	5:22	8	-	-	90	17:26
□□ 6	3.25	18:05	5:33	21	5:10	80	5:27	19.50	1:45:22	5:24	8	-	-	90	18:40
□□ 7	3.25	18:07	5:34	18	4:49	75	5:27	22.75	2:03:29	5:25	8	-	-	90	18:49
□□ 8	3.25	19:10	5:53	21	5:52	88	6:33	26.00	2:22:39	5:29	8	1:07	-	89	16:45
□□ 9	3.25	20:26	6:17	22	7:14	94	7:43	29.25	2:43:05	5:34	8	3:28	-	89	20:14
□□ 10	3.25	21:24	6:35	23	7:59	92	8:35	32.50	3:04:29	5:40	8	6:42	-	87	23:51
□□ 11	3.25	21:50	6:43	22	8:36	90	8:48	35.75	3:26:19	5:46	8	10:03	-	87	26:10
□□ 12	3.25	22:33	6:56	20	9:06	88	9:09	39.00	3:48:52	5:52	8	13:24	-	86	28:51
□□□ □□	3.25	22:14	6:50	20	21:57	89	21:57	42.25	4:11:06	5:56	22	2:26:09	-	91	3:50:55